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**WHY SHOULD SHRIMP
HAVE ALL THE FUN?
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**JUNO AFTERGLOW
SMITH SAYS
WE HELPED
HER WIN**

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HALIFAX

metr



Tuesday, March 29, 2011
www.metronews.ca



News worth sharing.

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It's been a long, long time

- Mooseheads compete in playoff hockey at Metro Centre for the first time in three seasons
- Hosting Games 3 and 4 tonight and tomorrow



**MATTHEW
WUEST**
@METRONEWS.CA

Happy days might not be here again in Moose Country, but at least playoff hockey finally is.

The Quebec Major Junior Hockey League post-season returns to the Metro Centre tonight at 7 when the Mooseheads — who already trail 2-0 in the best-of-seven first-round series — host the Montreal Juniors.

It's been a long time coming for the Mooseheads, who have stumbled to 152 losses in 204 games and have missed the playoffs twice since icing a star-studded roster in 2007-08.

For the fans who have kept coming to the rink, and the fans who might come out tonight and tomorrow night, the Mooseheads are eager to say thank you.

"There are a lot of great fans here in Halifax — it's one of the best fan bases out there," said Mooseheads captain Travis Randall. "No matter what our record,

Losing games — and fans

► Mooseheads' attendance has dropped by more than 2,200 per game over three seasons, but the paid average of 5,331 still ranks second in the QMJHL.

they're coming night in and night out and it means a lot to us. We're happy to be in this situation this year and I'm sure the fans are as anxious and excited as we are."

It's no secret this playoff run could be short-lived. The 15th-place Mooseheads are heavy underdogs in this series, finishing 57 points behind the second-place Juniors in the regular season. They've been outscored 11-3 through two games.

But the Mooseheads plan to throw everything they've got at the Juniors.

"We want (the fans) to be proud of us," said team MVP Carl Gelinas.

"If we don't win, we've got to play our best games ... But we want to win those games and I hope the fans will be happy."

MORE COVERAGE, PAGE 23

Game. Face



► Prime Minister Stephen Harper plays table tennis yesterday during a campaign stop at a seniors' home in Colwood, B.C.

ADRIAN WYLD/THE CANADIAN PRESS

PM shows off his ping-pong skills

Stephen Harper made several campaign promises yesterday, as the parties focused on policy instead of mudslinging. Story, page 8.

Dos and don'ts for our reps

Code of conduct set out for Halifax regional councillors {page 3}

More men going under the knife

Baby boomers want to keep their youthful looks {page 17}

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Councillor code moving forward

Municipal staff were given leave yesterday to furnish a final report on implementing a code of conduct for Halifax regional councillors.

The municipality's administrative standing committee met yesterday to discuss a draft report on implementing a code of conduct for elected officials.

The code, developed by the Union of Nova Scotia Municipalities, was actually

adopted by council in May 2009.

It includes generalities like being respectful during debate, not accepting gifts, and accepting the decision making process of council. Other legislation already includes such perennials as avoiding conflicts of interest and faithfully executing the duties of a councillor.

But questions concerning the implementation and enforcement of that code remain.

"You don't have to sign (the code)," objected Coun. Russell Walker.

"If you do sign it, it doesn't have any teeth ... there's no consequences for your action here."

Walker referenced instances of councillors leaking information to the media. When confronted about the practice, according to Walker, councillors have responded, "I did it, so what are you going to do about it?"

"There's a whole range of inappropriate behavior that's considered unethical. Let's not just limit it to certain classes."

COUN. REG RANKIN

Coun. Bill Karsten concurred, adding alcohol abuse to the list of repeated concerns in the chamber. "The two issues we face,

consistently ... are leaks to the media, and abuse of alcohol on public time. Let's spell it out," Karsten told the committee.

After an hour and a half of debate, the councillors moved to refer the issue back to staff for a final report. In addition, councillors requested information concerning the logistics of bringing in a third-party "integrity commissioner" to arbitrate disputes.

● ALEX BOUTILIER

Could federal NDP wear provincial decisions?

► HRM, rest of Nova Scotia ridings expected to see little change: Prof



ALEX BOUTILIER
@METRONEWS.CA

Federal NDP candidates in Nova Scotia may face some blowback from voter dissatisfaction with their provincial counterparts, according to a local political scientist.

But Jeff White thinks they may also benefit from the provincial NDP's volunteer and organizational network.

"Unpopularity will certainly have an impact," said White, a professor at Mount Saint Vincent University.

"Regardless of the fact that they're two different parties, two different levels of government, the (provincial) party's name will get associated with the candidates."

But White says the provincial NDP's core of volunteers, staff and organizers is larger than ever — and many of them will assist federal NDP candidates in their ridings.

"The one that might change is (Dartmouth-Cole Harbour), Mike Savage's riding. He's facing a tough challenge from Robert Chisolm."

JEFF WHITE, MOUNT SAINT VINCENT UNIVERSITY POLITICAL SCIENTIST

"With the success of the provincial NDP in forming a government, they have an organization in place that will. And it's been idling for not too long," he said.

"If you have poll captains ready, if you have lots of volunteers ... they have sitting MLAs, they have resources, they have constituency offices, they have a presence in the ridings and they have contacts. That's manna in politics."

In both HRM and the province, White expects little difference between the pre- and post-election makeup.



► Megan Leslie, the NDP candidate for Halifax, puts re-elect stickers on her election signs at her campaign office yesterday.

Police seek stolen paintings of ships

Police are asking for the public's help regarding artwork stolen last week in Dartmouth.

Halifax Regional Police say they were called to Evergreen House on Newcastle Street on March 23 regarding two stolen paintings. Police issued a release yesterday with photos of both paintings in hopes they would be located or returned safely.

One is an unsigned work

Crimestoppers

► Call 1-800-222-8477

depicting ships between the islands on the western side of Mahone Bay from what is believed to be the late 1800s.

The second painting is from J.E. Elliott and depicts ships in Halifax harbour back in 1887. ● METRO



► A picture of a stolen, unsigned painting.

News in brief

Care workers close to deal

LOCAL 42. The union representing close to 3,900 health-care workers say they have reached a tentative agreement with the Capital District Health Authority.

No details have been released. ● METRO



News on the move

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On the web at metronews.ca



Allan Small on why it's investors that determine stock market strength, not headlines. More at metronews.ca/investing

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Japan's nuclear crisis highlights alarming gaps in radiation treatment. Scan code for story.

Queen. Elizabeth



► Demolition continues on the former Queen Elizabeth high school site yesterday. The land will be used as an urban garden until Capital Health expands onto the property.

RYAN TAPLIN/METRO

Demolition ongoing at old school site

3 men charged in alleged stock fraud

► RCMP started its probe after police received complaint from Nova Scotia Securities Commission ► Police not releasing details of allegations

The former CEO of a Halifax software company that failed almost a decade ago says he will vigorously defend himself against allegations he and two other men fraudulently manipulated the stock of Knowledge House Inc.

Daniel Frederick Potter was reacting yesterday to the RCMP's decision to file criminal charges against him, former lead director Robert Blois Colpitts and Bruce Elliott Clarke, a former broker with National Bank Financial.

All three face charges of conspiracy to commit fraud, fraud affecting the

Court date

► The suspects are scheduled to appear in Nova Scotia Supreme Court on April 28.

public market and fraud over \$5,000 involving transactions that occurred between January 2000 and September 2001.

"I'm not going to go hide. I'm going to fight it like the other stuff," Potter said in an interview from his Halifax home. "They're just allegations. You need to remember that. They are not presumed to be true."

He said the Mounties' seven-year investigation dragged on for too long and will lead nowhere.

"These allegations have been flying around in one form or another for all that time," he said.

Shares in Knowledge House Publishing began publicly trading on the Montreal Stock Exchange in 1998 and on the Toronto Stock Exchange in 1999 after the company changed its name to Knowledge House Inc.

In March 2001, the company signed a contract with the province to develop a series of Internet-based

courses to prepare high school students for university. On Aug. 16, 2001, the company received a \$1.2-million payment from the province, but less than a month later Knowledge House was out of business.

During a legislative committee hearing in 2001, Potter blamed the collapse on the general decline in the market for software and tight capital markets.

National Bank Financial followed up with a series of lawsuits seeking nearly \$10 million in margin calls from insiders relating to trades of Knowledge House stock. **THE CANADIAN PRESS**

Bridge toll set to rise Friday

When the clock strikes midnight Friday, the price to cross one of the two harbour bridges is going up.

"I think the public understands," said Halifax Harbour Bridges CEO Steve Snider, after HHB issued a release yesterday reminding motorists of the first toll increase since 1992.

"We'll have to wait and see what occurs at the

Redecking

► The increase is to pay for redecking the Macdonald Bridge in 2014-16, which will cost at least \$137 million.

tolls. But we think that it may make things a little faster."

In January, the Nova

Scotia Utility and Review Board accepted an application from HHB to increase tolls to \$1 from 75 cents on April 1.

MACPASS users will see a 20-cent increase to 80 cents per trip.

The MACPASS increase will be phased in over two years with equal increases on April 1 in 2011 and 2012. **LAURA WARREN**

OVAL

Common advocates pan rink location

Friends of the Halifax Common issued a release yesterday saying they aren't happy with the current location of the outdoor skating oval.

They also referred to a HRM staff report about the issue as "ad hoc planning."

"FHC definitely

support an outdoor rink, but we believe other locations such as on the Central Commons or the Wanderer's Grounds would be just as popular, or several outdoor skating rinks in local communities throughout HRM would be just as popular as a single giant oval on the North Common," Peggy Cameron, co-chair of FHC, said in a release.

The release says the location for the current oval straddles two baseball fields, and blocks the major walking path to and from downtown.

● METRO

Oval backers hope for strong showing at rally

The Save the Oval Association hopes to see many a toqued head show up to a rally at Grand Parade this morning.

The rally is scheduled for 9:30 to 10, just prior to HRM councillors meeting to debate whether to move forward on making the oval a permanent fixture on the Halifax Common.

"We just want to bring people together to show the councillors the benefits of keeping the oval," said Dr. John Gillis, a rally organizer.

Gillis hopes people will bring along skates and helmets to donate to the oval, as well as wear a toque to show support.

Council will receive a report today from the long-term arena strategy committee recommending maintaining the skating oval on the North Common site.

Free helmets

► The association has also announced local businessman Tim Leslie of Motovan Corp. is offering 500 helmets free of charge for the oval facility if it re-opens next year.

Councillors will also consider a staff report that shows the cost of the oval to be less than the cost of maintaining the municipality's beaches during the shorter summer season.

The committee report was initially scheduled to be released this summer, but the process was accelerated due to strong public support for maintaining the site.

It recommends the oval be maintained, pending design and budgetary considerations.

● LAURA WARREN

News in brief



► Hundreds rallied last week to save the women's hockey program.

Steve Proctor confirms a meeting by the board of governors to decide whether to continue with the program that was cut two weeks ago is moving forward as planned today.

The decision to cut women's hockey was put on hold last week after university officials received a large number of letters and emails expressing support for the program.

The athletic department made the cut after school administrators asked it to trim five to 10 per cent from its operating budget.

Officials have said that the women's hockey program was the most expensive of all the women's varsity teams at the university with an operational budget of \$60,000. **● METRO**

WITH FILES FROM
THE CANADIAN PRESS

Decision on SMU women's hockey today

SPORTS. The future of women's hockey at Saint Mary's University should be known today. University spokesman



► People will need to pay more to cross the harbour bridges starting Friday.

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CHRIS YOUNG/THE CANADIAN PRESS



► Meaghan Smith poses for photographers Sunday night after winning the best new artist award at the Junos in Toronto.

Juno nod leaves Smith 'shocked'

► Local singer-songwriter says victory hasn't sunk in
► 'Really, I owe it to Halifax for encouraging me to sing'

She was a shy Ontario girl who moved to Halifax and came out of her musical shell.

Ten years later, Meaghan Smith is basking in the glory of a Juno Award-winning victory.

"When I moved to Halifax, I was like, I don't know anybody, so I'm just going to make a fool of myself and get up on stage," Smith said yesterday, referring to the many open-mic nights she attended. "I just started doing that and I can't believe where it's taken me."

Where it's taken her is to instant national musical recognition. The Timberlea resident won the best new artist award at the Junos in Toronto Sunday night.

Smith, who was victorious for her acclaimed ma-

N.S. represents

Meaghan Smith wasn't the only Nova Scotian to capture a Juno this year.

► Chester's Old Man Luedecke won roots and traditional album of the year for *My Hands Are On Fire* and *Other Love Songs*.

major label debut *The Crick-et's Orchestra*, said she was "really shocked" to have won because "it was such a stacked category."

"It's crazy. I wasn't expecting any of it," Smith said yesterday as she was getting set to return to Halifax from Toronto.

"(My record) is so eclectic and it wasn't a specific target audience that we had in mind. We had a horn section, we had a

string section — there are symphony sounds. It's anybody's call on who would like it. So just the fact that my peers like it, it's the biggest compliment."

Smith's first phone call after winning was to her parents, who still live in London, Ont., where she grew up. Smith moved to Halifax to work as an animator after graduating college a decade ago. She has been living in HRM ever since.

"My mom said, 'Meaghan I got so excited when I saw you won. I got a hot flash and my glasses fogged up,'" Smith said, laughing as she recalled the conversation.

Smith can't help but think about the future now, too — and what this victory will mean for her career. ● PHILIP CROUCHER

TALES OUT OF SCHOOL

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Dartmouth fixture changes hands

Longtime Nova Scotia automotive mogul Al MacPhee announced the sale of MacPhee Chevrolet Buick GMC Cadillac Ltd. yesterday.

MacPhee's outfit on Portland Street in Dartmouth, one of the largest General Motors dealers in the country, was purchased by Rob Steele of the Steele Auto Group. ● METRO

News in brief

Stunt driver fined \$2,410

SPEEDING. A 26-year-old Halifax man is facing a \$2,410 fine after being charged with stunting under the Motor Vehicle Act over the weekend.

Police clocked the speeding eastbound vehicle at 179 km/h in a 110 km/h zone on Highway 104 in Thomson Station.

The driver, who has an international driver's licence, received a seven-

day licence suspension within the province.

AMHERST DAILY NEWS

Mounties probe website hack

WEB SCAM. The Pictou County District RCMP are investigating an attempted fraud case involving a suspect from Germany.

Police say the suspect gained access to a local business' website and reduced all its prices. The suspect also changed the contact information so interested buyers would contact the suspect instead of the business.

NEW GLASGOW NEWS



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Campaign trail built on budgetary promises

► Stephen Harper and Michael Ignatieff hit the road campaigning on tax cuts and health care

It took a weekend of mud-slinging but Canada's 41st general election campaign climbed out of the sandbox yesterday and started focusing on policy.

Prime Minister Stephen Harper was in B.C. promising a tax break for two-parent families, albeit several years from now — and provided how the government manages to balance the budget.

The \$2.5-billion scheme would allow spouses with children under 18 to split household income up to \$50,000 in order to fall into lower tax brackets. The plan wouldn't begin until 2015-16 under current Conservative deficit projections.

In Toronto, Liberal Leader Michael Ignatieff argued that big-budget Tory spending priorities, such as corporate tax cuts, stealth fighter jets and prison expansion, would leave the cupboard bare when the

federal-provincial accord on health care expires in 2014.

"If you spend billions on fighter jets, on mega-prisons, very quickly by 2014 we'll reach a point where there's not enough money to work with the provinces in order to save the universal, accessible health system we have," he said.

The Liberal leader suggested renewing the 10-year, federal-provincial health accord of 2004 is going to require huge budgetary tradeoffs at a time when Harper is now promising major tax breaks — if the federal budget is balanced.

The former Liberal government of Paul Martin pledged an additional \$41 billion for health care over 10 years, and Harper committed another \$39 billion over seven years in 2007. Health care transfers are increasing at six per cent annually, but all that extra cash expires three years from now.

Budget

► **Frances Woolley**, an economist at Carleton University, said the biggest beneficiaries of Stephen Harper's proposed policy would be higher earning, single-income households with a stay-at-home spouse.

► **While the Conservatives** said the tax cut would "average" \$1,300 per family, the actual dollar value varies widely, depending on circumstances. Someone earning more than \$127,000 a year with a stay-at-home spouse would save more than \$6,000, said Woolley.

"Keep in mind the date 2014," Ignatieff said.

Ignatieff dismissed the Conservative tax promise, saying families are being put behind big business.

THE CANADIAN PRESS



► Liberal leader Michael Ignatieff holds some fruit he bought as he campaigns in Toronto's Chinatown yesterday.

Regular medicinal pot use slows cognition: Study

Multiple sclerosis patients who regularly smoke pot to relieve pain and spastic muscles could be putting their brain function in peril, say researchers, who found that marijuana can further reduce cognitive abilities often already impaired by the disease.

In a study in this week's issue of the journal *Neurology*, researchers found MS patients who had engaged in long-term pot-smoking were twice as likely as non-

weed users to have diminished cognitive abilities overall.

"Prolonged inhaled or ingested (street) cannabis use is shown to significantly worsen one's attention span, speed of thinking and processing information, working memory, executive functions and visuospatial skills," said lead investigator Dr. Anthony Feinstein, a neuropsychiatrist at Sunnybrook Health Sciences Centre in Toronto.



► A man smokes a joint in Toronto.

"Given that about 40 to 60 per cent of MS patients have problems with cognitive function to begin with, any drug that may add to this burden is cause for concern."

The study involved two groups of MS patients — users and 25 non-users.

"There are good data to show it impairs a person's ability to work effectively, it negatively affects relationships and day-to-day functioning." THE CANADIAN PRESS

Side-effects

► **Dr. Anthony Feinstein** said it's not known how marijuana affects the brain, but scientists hypothesize that the mood-mellowing drug impairs cerebral function in subtle ways, stunting patients' ability to think quickly and accurately, and to problem-solve.

Relationship cap aims to curb marriage fraud

The Harper government has quietly proposed people coming to Canada to join their partner must stay in the relationship for two years or more before being formally granted permanent residence.

The planned regulatory move is a federal bid to stamp out fraudulent marriages used to dodge immigration laws.

Under the proposal, a partner from abroad who has been in a relationship with the Canadian sponsor for less than two years would be granted only "conditional permanent residence."

THE CANADIAN PRESS

Troops pay respects to fallen soldier

More than 1,000 troops bid farewell to Cpl. Yannick Scherrer, the first Canadian soldier to die in Afghanistan this year, during an overnight ramp ceremony at Kandahar Airfield.

The 24-year-old Montreal native was on a foot patrol when he was killed Sunday.

THE CANADIAN PRESS



► Cpl. Yannick Scherrer

Lawyer apologizes for 'disgraceful' acts

Winnipeg Lawyer Jack King said he was sorry for pressuring a client eight years ago to have sex with King's wife, now a judge, as he pleaded guilty Monday to professional misconduct.

But he directed most of the apology at his wife, Queen's Bench Justice Lori Douglas, who is being investigated by the Canadian Judicial Council over the incident and is no longer hearing cases.

"My behaviour was disgraceful," he said at a hearing at the Law Society of Manitoba.

"To my wife, I can never apologize enough."

THE CANADIAN PRESS

Up. Up and away



► Frenchman Alain (Spiderman) Robert climbs up the 828-metre-tall Burj Khalifa, the world's tallest tower, in Dubai, United Arab Emirates, yesterday.

KANIRAN JEBRELL/THE ASSOCIATED PRESS

Hanging by a thread in Dubai

Just before sunset yesterday, French skyscraper climber Alain Robert — who calls himself “Spiderman” — started to pull his way up the side of the world's tallest tower, in Dubai. The 48-year-old daredevil completed the climb in just over six hours, using a rope and harness to comply with organizers' requirements.

What happens at a royal stag stays at ...

► Prince William avoids the press as he bids farewell to single life with secret bash ► Party was reportedly thrown by his brother and best man, Prince Harry

Far from the cameras of the U.K.'s voracious press, Prince William bid his single life goodbye in a bachelor party reportedly held in eastern England over the weekend.

Palace officials confirmed yesterday only that the stag party had taken place.

The Daily Telegraph, which broke the news, said the prince and about 20 friends attended a week-

“It has happened ... We are not giving any details.”

PALACE SPOKESWOMAN

end party thrown by Prince Harry, possibly at an estate in Norfolk owned by the father of one of the guests.

The paper said the guests had been sworn to silence, quoting Thomas van Straubenzee, one of the likely partygoers, as

saying: “I'm very sorry but I have got to keep it a secret. I hope you understand.”

The British media have also speculated often about Middleton's bachelorette party plans, with one tabloid reporting that her sister, Pippa, will be throwing a Dirty Dancing-themed bash at the family home in the wealthy English village of Bucklebury.

THE ASSOCIATED PRESS

Alleged Libyan rape victim being held hostage: Parents

Parents of a Libyan woman who claimed she was detained by Moammar Gadhafi's troops and later gang raped said in interviews aired yesterday that their daughter is being held hostage at the Libyan leader's compound in Tripoli.

Iman al-Obeidi made headlines when she rushed distraught into a Tripoli hotel on Saturday, seeking to tell foreign reporters about her rape. She was tackled by waitresses and government minders and dragged away from the site in an ensuing melee.

In interviews broadcast yesterday on satellite Al-Jazeera Television, al-Obeidi's parents countered government claims that their daughter had been set free after the hotel incident and was now with a



► Iman al-Obeidi

sister in the Libyan capital. They also countered allegations of a government spokesman who had said she is a prostitute.

The parents said al-Obeidi is a lawyer and that she is now being held at Gadhafi's compound in Bab al-Aziziya in the capital.

THE ASSOCIATED PRESS

Closing in

Rebel forces fought their way yesterday toward Moammar Gadhafi's hometown of Sirte, a key government stronghold guarding the road to the capital, Tripoli.

- The rebels have recaptured all the territory they lost over the past week and are closer than ever to Sirte — within 100 kilometres.
- Sirte, where a significant air and military base is located, was hit by airstrikes Sunday night and yesterday morning, witnesses said, but they did not know what was targeted.
- Sirte's fall to the rebels would largely open their way to move on Tripoli, 400 kilometres to the northwest.

Raid sparks deadly blast in Yemen

Yemen's chaos deepened yesterday when people looting a munitions factory set off an accidental explosion that killed at least 78 in an area torn from government control by Islamist militants.

The militant seizure of the factory and nearby towns amplified Western fears that the fragile Yemeni state could deteriorate quickly because of President Ali Abdullah Saleh's standoff with an opposition coalition of youth groups, military defectors, clerics and tribal leaders calling for his ouster.

THE ASSOCIATED PRESS

Italian port blocked in protest

Exasperated Italian fishermen towed empty boats seized from illegal immigrants across the entrance of Lampedusa's harbour yesterday to try to prevent any other vessels carrying North Africans from reaching the tiny island in the Mediterranean Sea.

Other islanders overturned garbage bins to protest the relentless arrival of illegal immigrants, including many now coming from Libyan shores.

More than 3,000 new migrants have arrived in the past three days alone on the island of 5,000 residents.

THE ASSOCIATED PRESS

Dissent spreads in Syria

Syrian president Bashar Assad wavered between cracking down and compromising yesterday as thousands of protesters in a southern city defied security forces who fired tear gas to disperse them.

The city of Daraa — parched by drought, rural and impoverished — has become the flashpoint for 10 days of anti-government protests in a country that has a history of brutally crushing dissent. At least 61 people have been killed since March 18, according to Human Rights Watch.

THE ASSOCIATED PRESS

The race to limit contamination in Japan

Workers discovered new pools of radioactive water leaking from Japan's crippled nuclear complex, officials said yesterday, as emergency crews struggled to pump out hundreds of tons of contaminated water and bring the plant back under control.

Officials believe the contaminated water has sent radioactivity levels soaring at the coastal complex and caused more radiation to seep into soil and seawater. Crews also found traces of plutonium in the soil out-

side of the complex yesterday, but officials insisted there was no threat to public health.

Plutonium — a key ingredient in nuclear weapons — is present in the fuel at the complex, which has been leaking radiation for more than two weeks, so experts had expected some to be found once crews began searching for evidence of it this week.

Tokyo Electric Power Co. official Jun Tsuruoka said only two of the plutonium



► Earthquake victims receive food and clothing distributed by the Japanese Self Defence Force yesterday in Ishinomaki, Japan.

PAULA BRONSTEIN/GETTY IMAGES

samples taken yesterday were from the leaking reactors. The other three were from earlier nuclear tests. Years of weapons testing in the atmosphere left trace amounts of plutonium in many places around the world.

Meanwhile, new readings showed ocean contamination had spread about 1.6 kilometres farther north of the nuclear site than before but is still within the 20-kilometre radius of the evacuation zone. Radioactive iodine-

131 was discovered offshore at a level 1,150 times higher than normal, Hidehiko Nishiyama, a spokesman for the Nuclear and Industrial Safety Agency, told reporters.

Amid reports that people had been sneaking back into the mandatory evacuation zone around the nuclear complex, the chief government spokesman again urged residents to stay out. Yukio Edano said contaminants posed a “big” health risk in that area.

THE ASSOCIATED PRESS

Innovation key to Canada's future: RBC head

► Productivity lagging ► Governments must balance budgets, businesses must invest in new ventures

Canada could enjoy a "breakaway decade" of economic growth if businesses invest more to improve productivity, the head of Canada's largest financial institution said yesterday.

Gordon Nixon of the Royal Bank of Canada says the country has the potential to outperform the developed world in terms of economic growth and social leadership.

"Our economy has been resilient, the housing market is up, past federal surpluses have provided flexibility, the banking system is stable and corporate tax rates are low," he told the Canadian Club in Montreal.

But Nixon warned that Canada's promise will be

Market moment

TSX



-146.66
(13,892.73)

Dollar



+0.54¢
(\$102.40 US)

Oil



-\$1.42 US
(\$103.98 US)

Natural gas
1,000 cu ft
\$4.374 US
(-2.9¢ US)
Gold
contracts
\$1,419.90 US
(-\$6.30 US)

realized only if several key shortcomings are surmounted. They include reducing provincial and federal deficits, opening the

door to more immigrants, and tackling low productivity. Over the past 30 years the productivity gap between Canada and the United States has more than tripled, he said. In particular, he challenged businesses to spend more on innovation.

Governments have helped by cutting regulatory and tax burdens, but Nixon said they must work aggressively to balance budgets. "We cannot let the advantage gained through 15 years of fiscal responsibility slip away," he said.

Meanwhile, Canada should gain a competitive advantage as other countries are forced to boost taxes and cut spending.

THE CANADIAN PRESS

Colour. Bind



► New vehicles damaged by the March 11 tsunami sit in a Toyota parking lot in Sendai port, Miyagi prefecture, northeastern Japan.

WALLY SANTANA/THE ASSOCIATED PRESS

Don't paint it black

Many U.S. auto buyers will have limited colour choices for at least a month as crews try to fix a factory damaged by the earthquake in Japan. The plant run by German chemical company Merck KGaA is the only source of a shiny pigment used in many car paints. Ford has told dealers to stop ordering its F-150 pickup in "tuxedo black." Chrysler told dealers it, too, was restricting colour orders.

Netflix to air Paramount films

Netflix has secured rights to all of Paramount Pictures' first-run films in Canada. The five-year deal for premium pay-TV rights

means Netflix gets access to films that typically would have aired first on The Movie Network or Movie Central.

The first wave of titles include Iron Man 2 and The Last Airbender, with more than 350 Paramount films to follow. THE CANADIAN PRESS

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- Snoop Dogg ft T-Pain - Boom
- Jessie J ft B.o.B - Price Tag
- Rihanna - S&M
- Classified - That Ain't Classy
- Tinie Tempah ft Eric Turner - Written In The Stars
- Ke\$ha - Blow
- Katy Perry ft Kanye West - E.T
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- Britney Spears - Till The World Ends

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NURSING A MAN COLD BACK TO HEALTH

She says ...

**JESSICA
NAPIER**



I rarely get sick. After 25 years of riding public transit and drinking tap water I've developed a pretty resilient immune system.

Even if I do catch a cold you won't hear about it; I'll drag myself to the pharmacy, stock up on a cocktail of sinus medications and get on with my life.

Men, on the other hand, have a much harder time taking sickness in stride. While there is no biological evidence to suggest that a man's stuffy-nose threshold is significantly lower than a woman's, a standard cold or flu turns even the toughest of tough guys into a whining, snivelling baby.

It seems the XY chromosome-

inclined don't just suffer from a little case of the sniffles, they tend to contract something much more deadly — a Man Cold.

The symptoms may present themselves as a common cold, but any dude ailing from a Man Cold would have you believe that he is on the brink of death.

It doesn't matter if he bench-presses 300 pounds and can unscrew the tightest of jar lids — as soon as the Man Cold strikes he will become a whimpering ball of neediness and snot. He will try to convince you that he is, in fact, suffering from any number of illnesses (extinct or otherwise) ranging from

H1N1 to the bubonic plague.

If you are unlucky enough to live with a husband, boyfriend or roommate stuck down by a Man Cold you must prepare to take on a Florence Nightingale-like approach to caregiving.

You will be guilted into cancelling all of your plans in order to rush home and tend to your pyjama-clad patient — meeting his numerous demands for more tea, tissues and blankets. You must sit with him on the couch and spoon-feed him chicken noodle soup while watching mindless sitcoms and touching his forehead every 10 minutes to as-

sure him that he does not have a fever.

Whenever you do leave the house you will be met with a chorus of desperate whimpering, "Where are you going ... when are you coming back ... can you pick up some more orange juice — not the cheap kind but the fresh stuff with all the pulp."

And when you start to feel a little under the weather — as you inevitably will after days of non-stop doting — don't even bother telling him. If you try to play a game of "I'm more sick than you" one-upmanship with a Man Cold sufferer you will always lose.

"He will try to convince you that he is, in fact, suffering from any number of illnesses (extinct or otherwise) ..."



Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADLER

AS A VOTER, HOW DO YOU LIKE THE ELECTION SO FAR?



Robosexuals invade Regina

Worth mentioning

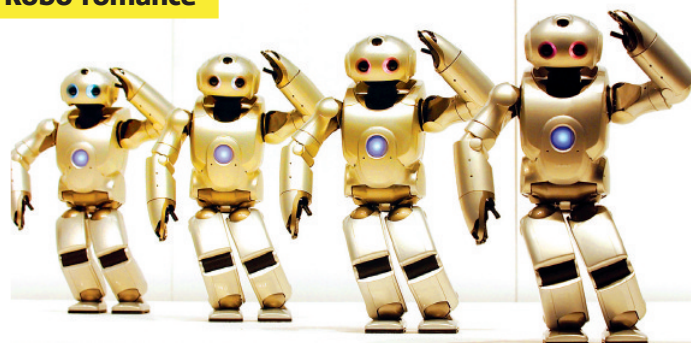
Canadian politics, notoriously devoid of sex scandals, is suddenly abuzz with rumours about amorous robots.

The chatter began with a Global News camera editor who made an eyebrow-raising discovery upon wandering into a Regina hotel while covering Jack Layton's campaign.

When Jamie Butler opened the door to his room in the Hotel Saskatchewan, he saw towels on the floor and items strewn around the room. Things got stranger from there: Sitting on the desk was something that looked like a suit of armour.

A couple of tinfoil limbs lay near the main

Robo-romance



THE ASSOCIATED PRESS FILE

part of the costume.

And on the back Butler saw a sign that featured a rainbow, two brightly coloured drawings of robots, and the slogan: "Robosexuals."

He snapped a few photos, went to see the manager, and was upgraded to one of the fanciest suites in the hotel.

He said the hotel man-

ager was sympathetic when informed that traces of robo-romance were lying around one of his elegant guest suites.

The manager quizzed his guest about whether one of his colleagues on the NDP bus might have been playing a trick, but apparently that was quickly ruled out.

THE CANADIAN PRESS

Which of the four seasons do you most anticipate?

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Metro Minute at Kiwanis music fest

The 2011 Kiwanis Music Festival opened yesterday and will run until April 29, with most events at the Dalhousie Arts Centre.

The well-known festival gives participants the chance to perform, learn and share music with national artists and educators that make up a panel of 15 adjudicators.

The festival will feature

classes and competitions in voice, musical theatre, brass, guitar, bands and many other musical ensembles.

The public is welcome to attend live music events at each of the venues in the Dalhousie Arts Centre. For a schedule of events, go online to www.hfxmusicfest.com.

● METRO



► The Kiwanis Music Festival runs until April 29.

Farmiga knows how to soldier on

► Source Code actress talks about emotions and being a good soldier, and how to act when looking straight at the camera



NED
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METRO WORLD NEWS IN LOS ANGELES

Actress Vera Farmiga has had some pretty formidable on-screen partners, including Leonardo DiCaprio in *The Departed* and George Clooney in *Up in the Air*. But in her latest, *Source Code*, she spends most of the film speaking into a small camera as she guides Jake Gyllenhaal on a mind-bending mission to discover the culprit behind a commuter train bombing. She sat down with Metro to talk about working with the camera, what makes a good soldier and the importance — or lack thereof — in a character's gender.

Are you a fan of science fiction?

I grew up watching *Battlestar Galactica* and *The Jetsons* and *Star Trek*. But not so much lately, just because I don't often find the characters compelling or relatable. And to me this role is everything I steer clear of as an actress.

How do you mean?

It's pretty expositional. It's a maddening kind of dialogue for most actors to do. And for me, talking to (director) Duncan (Jones) about the role, to me what then came alive about the role was not so much what is obvious on the written page but what kind of hap-

pens in that real estate between the lines. She's a soldier, and she operates like any good soldier does from the start, but the more she gets emotionally involved, the more she operates from her heart — which does not always the best soldier make. There's not room for emotions or getting personal. And I think that's what her job is. She's his navigation device. She takes him by the collar and brings him back on track whenever he veers off.

Did you have trouble playing straight into the camera?

It's a strange technique. Jonathan Demme had asked me at one point during *Manchurian Candidate* to look straight at it, and it was a sincerely difficult thing to do. Because you're acting with machinery. You don't have anything immediate to react to. Sometimes it's just the twinkle of an eye that gives you an entirely different reaction. Or a twitch or a blink that's a tell of some sort.

It's been mentioned that in earlier drafts of the script, your character was a man.

That doesn't surprise me. It's funny, I was just offered a role in a very big movie, also playing another military personality, and they didn't even have the decency to run it through (screenwriting software) Final Draft and change the gender.



► Vera Farmiga stars in *Source Code*, which opens on Friday.

DVD Releases this week

Buy it ●●●●● | Rent it ●●●● | Borrow it ●●●● | Yawn ●● | Don't bother ●●

Portman transforms

Black Swan

Genre: Thriller

Director: Darren Aronofsky

Stars: Natalie Portman, Mila Kunis, Vincent Cassel

●●●●●
Black Swan is ballet as gladiator contest, where the most vicious antagonists are the warring halves of a dancer's mind.

Her descent into near madness in Darren Aronof-



sky's bold film seems so real, you fear for the sanity of Natalie Portman, whose portrayal won her Best Actress at the most recent Academy Awards. It thrills to watch her go for it. She's so convincingly fragile as

crystalline ballerina Nina, who must summon untapped dark impulses, that viewers may initially be tempted to agree with characters in the film who doubt her transformative ability.

Her overweening mother (Barbara Hershey), her artistic director Thomas (Vincent Cassel) and rival dancers (Mila Kunis and Winona Ryder) all question her aptitude for the dual role of Odette/Odile in Tchaikovsky's *Swan Lake*.

● PETER HOWELL



Fair Game

Genre: Drama

Director: Doug Liman

Stars: Naomi Watts, Sean Penn

●●●●●

The headline-derived *Fair Game* never gets as angry as it might, despite the considerable outrage expended by Naomi Watts and Sean Penn in their roles as American patriots wronged by their government. But that's what makes it interesting. Doug Liman's docudrama is almost shockingly evenhanded in the way it depicts how the Bush Administration in 2003 unmasked CIA agent Valerie Plame (Watts), risking her life. ● PETER HOWELL

2 scene

Scene in brief



Bret Michaels sued CBS Broadcasting and the organizers of the Tony Awards on Friday over a 2009 mishap that resulted in him being hit in the head by a set piece, claiming the accident contributed to a brain hemorrhage that nearly killed him.

The Poison frontman's lawsuit claims he continues to deal with effects from the injury and brain bleeding that left him hospitalized last year.

"Through his sheer will to live, to see his children grow up, Michaels was able to survive this trauma," his lawsuit states.

Michaels and Poison performed at the Tony Awards in June 2009 and the singer suffered a busted lip and broken nose when he was whacked by a piece of scenery.

THE ASSOCIATED PRESS



Nickelodeon adds voice to make youngsters aware of cyberbullying

Dose of strong medicine

► Hit Showtime comedy Nurse Jackie returns for Season 3

Edie Falco has performed the near impossible: She has made a clean break with the show that made her a star yet could have pegged her for a lifetime as mobster wife Carmela Soprano.

In the title role of Nurse Jackie, Falco has ably recast herself as a guardian angel with a cranky attitude, a bad back and a penchant for cheating on her husband with the guy who sup-

plies her with pain pills.

Now, that was Carmela who?

At the end of last season, Jackie Peyton's unsteady world seemed to be blowing up. Her loyal but running-out-of-patience husband (Dominic Fumusa) had discovered her latest deception.

"I keep telling you I'm no prize, and you won't listen," she confessed.

"Is that everything?" he

asked her as she hugged him.

"I love you," she said. "Yes, that's everything."

But it's not everything. Back for a third season — which premiered last night — Jackie, with her emergency-room scrubs, pixie haircut and caustic manner, resumed her hectic life of juggling lies.

"Anyone who knows you knows they don't know you," as the hospital phar-

macist (Paul Schulze) who is Jackie's source for drugs and on-the-job quickies once told her.

Even Falco doesn't claim to know Jackie.

"I don't know that I ever really feel like I'm getting my arms around the character," Falco says. "But I think that's why I want to do it. What ends up getting on film is my attempts to get my arms around an idea of who this woman is."



► Edie Falco portrays Jackie Peyton, left, and Merritt Wever portrays Zoey in the Showtime original series, Nurse Jackie.

When it premiered two years ago, Nurse Jackie became an instant hit for Showtime. Viewers were

hooked on this dark comedy about a woman who is fiercely dedicated to healing her patients while no

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HALIFAX, JUNE 3
Halifax Commons

THE BAY (TANTALLON), JUNE 4
Sir John A MacDonald High School

EAST HANTS, JUNE 10
Enfield/Elmsdale District Lions Club

Fight back against cancer now. Create or join a Relay For Life team and start collecting.

Junos shutout of Drake unprecedented for a host

Musicians who host the Juno Awards typically take some hardware home from the show, so there were a few raised eyebrows when rapper Drake came up empty Sunday night.

"Hmmm..... Drizzy wit no Junos in Toronto?" tweeted Drake's Juno-nominated producer Boi-1da, a native of Ajax, Ont.

"Really?"

Indeed, the shutout for the 24-year-old Toronto rapper — who had a leading six nominations — was especially surprising considering how past hosts have fared.

At the 2007 show in Saskatoon, Victoria songstress Nelly Furtado

True MC

► Though Drake didn't nab any awards, the show's youngest-ever host did receive plenty of glowing reviews for the way he capably steered the telecast.

► A day later, Twitter was

hosted and — fresh off the success of her rump-shaking club smash Loose — was feted with five awards, including album of the year and artist of the year.

Country crossover superstar Shania Twain was similarly successful back in 2003, the same year her succession of hockey-

buzzing over two of Drake's skits — one in which he quizzed senior citizens on their hip-hop knowledge, and another that involved the rapper sparring with teen-pop star Justin Bieber over Skype — and he received positive notices in the press, too.

themed dresses sent tongues wagging.

Twain won three awards that night, including artist of the year.

Celine Dion was similarly dominant when the beloved Montreal chanteuse hosted back in 1993, claiming four awards including single of the year

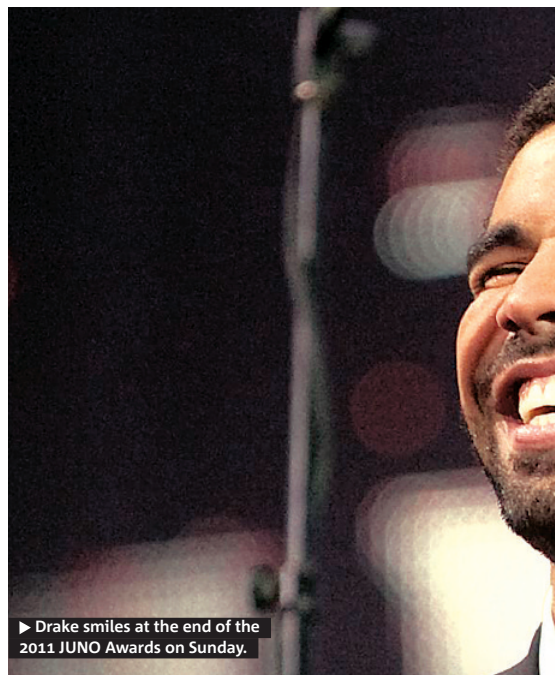
and female vocalist of the year.

The only recent examples of Juno hosts who went home empty-handed — the Barenaked Ladies in 2002 or Alanis Morissette in '04, for instance — occurred because those artists hadn't released material during the eligibility period.

But Drake won two Junos last year — and that was prior to the release of his smash debut LP, *Thank Me Later*, so he seemed destined to claim at least one award out of his six nominations.

A representative for Drake declined to comment.

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► Drake smiles at the end of the 2011 JUNO Awards on Sunday.



SHOWTIME

nos.)
Much of Jackie's struggle stems from her addiction.

It's a plight that's familiar to Falco, who, even though she has been sober for two decades, has made good use of her experience with alcohol abuse in playing Jackie.

"For sure, it's helped me understand her in a way non-addicts never could," Falco says.

"But I'm 20 years away from that, so it doesn't feel dangerous to me, or titillating, to play someone (who isn't sober). Every day, I have a deeper gratitude for the fact that I'm not there anymore."

The show never glamorizes drugs as recreational.

less resolute, it seems, on damaging herself and others in her path.

(Last season the role

brought Falco an Emmy for best actress in a comedy series, adding to her stash of three Emmys for The Sopra-

Impressive resumé

Besides The Sopranos, the 47-year-old Edie Falco's previous TV work includes the HBO prison drama, Oz. Her films include Judy Berlin, Sunshine State and Freedomland.

Jackie is masking pain from an on-the-job back injury and her barely manageable life.

Nurse Jackie, for all its quirkiness and extreme humour, is a cautionary tale, even though a few of its viewers may not be getting the message.

"Some guy on the subway called out to me, 'Oh! Nurse Jackie! YOU do the same drugs WE do!' and had this fist-pumping thing going on," Falco reports. "I thought, 'That's not what

I'm going for.'

"Hopefully, there are people who can see past that, to something deeper."

And Falco wants them to keep seeing it.

"I'm thrilled to be doing this job, and I'd love to do it for a long, long time. This is far beyond my wildest dreams — the life that I have now," she says, explaining further with a laugh, "I've also been in therapy for more than 20 years."

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TV Picks

Dana Delany returns to the small screen with the medical drama, Body of Proof.

Here, she plays the brilliant but uncompromising Megan Hunt, a neurosurgeon who takes up a career as a medical examiner after a car accident puts an end to her time in the operating room. In the premiere episode, a jogger is found floating in the river and Megan locks horns with an old-school cop. (Citytv, ABC).

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Events taking place across
local HRM events are:

SACKVILLE, JUNE 10
Metropolitan Field

EASTERN SHORE, JUNE 17
Eastern Shore Community Centre,
Musquodoboit Harbour

DARTMOUTH, JUNE 24
CFB Shearwater



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celebrate remember fight back



DARREN CALABRESE/THE CANADIAN PRESS

Bringing civility to politics

Award-winning filmmaker Ken Burns is bringing his new film Prohibition to the U.S. National Constitution Center in the hopes of promoting more civil national discourse.

Burns, who has won acclaim for documentaries including The Civil War and Baseball, said at a news conference Friday that highlights from his new five half-hour, three-part series, premiering this fall on PBS, will kick off a forum called Civility and Democracy in America.

The forum at the Constitution Center, a museum dedicated to explaining the U.S. Constitution, will include a series of group discussions over the weekend and a large town hall-style exchange that will be



Ken Burns

taped for a future broadcast.

The Jan. 8 mass shooting in Tucson, Ariz., that killed six people and critically injured U.S. Rep. Gabrielle Giffords, has stoked public debate about the potential harm of inflammatory political rhetoric.

Many lawmakers have called on their colleagues to tone down the vitriol, and former Presidents George H.W. Bush and Bill Clinton — a Republican and a Democrat — announced shortly after the Arizona shooting that they would be honorary co-chairmen of a new national institute to promote civility in political discourse.

At the Philadelphia event, not formally connected to the ex-presidents' initiative, about 50 panellists with backgrounds in history, ethics, media, religion, politics and business will take part in sessions on civility and come up with ideas to continue the discussions with similar events around the country in coming months.

THE ASSOCIATED PRESS

Johansson takes Penn to wedding

It may have been Reese Witherspoon and Jim Toth's wedding this past weekend, but Scarlett Johansson stole the show, according to Popeater.

"Scarlett is Jim's client, but no one, including the bride, knew she would have turned up with Sean Penn," a source says. "Turning up at a wedding with your boyfriend is definitely a huge statement, especially that wedding. What it's doing is announcing to the whole of Hollywood that they are serious." • METRO



► Scarlett Johansson

GETTY IMAGES



► Carey Mulligan

GETTY IMAGES

Mulligan cosies up to Mumford

Carey Mulligan appears to be completely smitten with Mumford and Sons singer Marcus Mumford, according to the Daily Mail. The pair has reportedly been enjoying some time off together around England.

"They've also been spending time at Marcus' London home in Shepherd's Bush," a source says.

And with Mumford heading to the U.S. to tour soon, the singer has reportedly asked the Oscar-nominated actress to come along. "He's hired a vintage train instead of a tour bus and has asked Carey to join him for the trip," the source says. "It's early days, but they seem to enjoy each other's company."

• METRO

Celebrity tweets



Mariah Carey
[@Mariah-Carey] So #dembabies

really wanted 2 celebrate w/us/share the anniversary!! I started having contractions last night..went 2 the hospital



William Shatner
[@WilliamShatner] Facebook

disabled my account this weekend as an imposter acct. Now they want me to prove that it's me. Don't they know who I am?



Jason Alexander
[@JasonAlexander]

Next week, I will ski for the 21st time in my life. Please, dear sweet lord, let there be a 22nd.



Katy Perry
[@katyperry] Dear @MTV stop

plotting monsters against kittens AKA katycats! We're all EQUAL/ONE! Don't get caught in the irresponsible journalism club! • METRO

GETTY IMAGES



► Johnny Depp

Depp signs on for Gervais show

All is apparently forgiven after Ricky Gervais' skewering of Johnny Depp and his film, *The Tourist*, at the Golden Globes earlier this year, as Depp has signed on to guest-star as himself in Gervais' new comedy series, *Larger Than Life*, according to Reuters.

Gervais himself confirmed the news on his blog, adding that a rumor about Jerry Seinfeld appearing on the show as well is not true.

• METRO

Community Spirit Award Winners Announced

The Honourable Mayann E. Francis, Lieutenant Governor of Nova Scotia, is pleased to announce the recipients of the 2011 Lieutenant Governor's Community Spirit Award.

Congratulations to **Berwick & Surrounding Communities; East River Valley, Pictou County; St. Ann's Bay/North Shore, Cape Breton; and Woodville, Kings County.**

They were selected from 10 nominations, all of which showed a high degree of community collaboration and strength.

Her Honour will present the winning communities their awards at separate celebrations to be held later this year in their home communities.

For more details go to www.communityspiritaward.ca



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► More and more men are now looking for ways to improve their looks.

It's kind of a guy thing

► More men going under the cosmetic knife ► Baby boomers embracing the traditionally female trend of getting liposuction and facelifts done

CELIA MILNE
LIFE@METRONEWS.CA

Men are having their tummies tucked and their faces lifted like never before. Statistics recently released by the American Society of Plastic Surgeons (ASPS) show that rates of cosmetic plastic surgery are rising in men.

"It's not just a women's world," says Dr. Wayne Carman, a plastic surgeon and medical director of the Cosmetic Surgery Institute in Toronto. "More and more, men are involved in real surgery, not just mi-

crodermabrasion. Proper surgical interventions are the next step along that road after buffing and puffing."

ASPS statistics reveal that number of facelifts done on men in the U.S. has risen 14 per cent since last year, and liposuction increased by seven per cent.

While there isn't a body that collects similar Canadian statistics, the groundswell of interest here would be comparable to the U.S., says Carman. He explains what is driving the trend.

"The baby boomers are

"More and more, men are involved in real surgery, not just microdermabrasion"

DR. WAYNE CARMAN

passing through the change of life stage. They have relationship issues, employment issues, self-worth issues. Men of that cohort recognize they do need to look more fit and healthy. It is a young workplace."

Plenty of men in their 50s have life circumstances that make cosmetic surgery appealing: a

relationship with someone younger, spare time they never had before, and the money to pay for surgery. "They're not trying to look like a movie star, they're just trying to look younger."

Men tend to need more down time after plastic surgery than women because they are unable to wear makeup during the recovery phase. Early retirement provides them with the time necessary.

"Perhaps they got a package; for the first time, they have three weeks off. That time window is more commonly available."

Surgeries

The American Society of Plastic Surgeons keeps track of cosmetic procedures done in the U.S.

► Here are the top five surgeries in men:

- 1) nose reshaping
- 2) eyelid surgery
- 3) liposuction
- 4) breast reduction in men
- 5) hair transplantation

► Here are the top five less-invasive procedures:

- 1) Botox
- 2) Laser hair removal
- 3) Microdermabrasion
- 4) Chemical peel
- 5) Soft tissue fillers

3

life

Surgery



With cosmetic plastic surgery on the rise with men, we asked Toronto plastic surgeon Dr. Wayne Carman what typically motivates them. Turns out, men are usually oriented towards a specific purpose.

"They are more analytical than women," says Carman. "They know what they want and they've been thinking about it for some time. They have a more defined purpose than women."

CELIA MILNE



Sex, exercise can trigger heart attacks in inactive people: analysis of research

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Lightening up in the spring

► You probably feel happier this time of year ► Why is that? ► Metro finds out what makes you feel so good



**ROMINA
McGUINNESS**
LIFE@METRONEWS.CA

METRO WORLD NEWS IN LONDON

"Winter is a time of death and decay," says Harvard neuropsychiatrist and author of *The Emotional Calendar*, John Sharp. Sharp has studied how the progress of seasons, along with cultural forces, can profoundly affect us. Spring fever is a real phenomenon, he explains.

"Spring is associated with a significant change in the brain's neurotransmitters affecting our mood and key hormones," he says. "It's a fact that levels of serotonin and dopamine go up naturally this time of year, although we don't know why."

The result is an increase in overall energy, a desire for big life changes and a boosted sex drive (for most people).

"More sunshine and less clothing have shown real physical and chemical changes. Men experience an increase in testosterone and are generally friskier this time of year."

The happier people around you also influence your mood.

"We are affected by our physical and cultural realm — the increase in light and temperature, Easter, summer approaching, all of which makes us feel energized," says Sharp. "Social contagion plays a big role as people are generally more about smiles than frowns, if our friends and family are

happier, we're likely to respond to this."

What's the wonder drug that has us all feeling good, en masse? The sun. Dr Alfred Lewy of Oregon Health Sciences University has studied how the shift in sunlight, with the spring transition to daylight saving time, triggers behavioural shifts in the brain.

Longer days, earlier sunrises and a later sunset — along with the fact that sunlight is brighter than indoor light — sends our body a powerful cue that affects its natural rhythm.

Light synchronizes the body clock in the morning. The lack of light in the winter means that some of us don't get this natural re-setting until we are already well into the day.

FATHER

Sharon, daughter of a 3-time cancer survivor.

Who will you fight for this April?

My father is a big inspiration to me. He's survived cancer three times. He was diagnosed with testicular cancer at 44, bowel cancer at 53, and skin cancer at 60. While the treatments wore him down physically, he always maintained a fighting spirit. He simply refuses to let a big thing like cancer slow him down.

62% of people diagnosed with cancer today will survive, compared to just 25% in the 1940s when the Canadian Cancer Society began funding research.

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► Symptoms of spring fever include spontaneous jumping for joy.

The tips

LIGHTEN UP YOUR DIET

Slow water retention: This spring, avoid processed carbohydrates, and foods such as white bread, pasta, rice and potatoes.



toes. They create water when they are broken

down and the body can retain this fluid. Also avoid salt and eat foods high in potassium to balance electrolytes, like bananas, melon or strawberries.

Banish the bloating: And reduce the gas. Foods that help digestion are yoghurts with natural cultures that give a greater live element to digestion and therefore better digestive processes.

Green nutrients, such as those found in chlorella, wheatgrass, broccoli

**MATT
ROBERTS**
PERSONAL TRAINER



and spinach, also help.

Mood Lifters: To elevate moods, eat foods high in tryptophan that will provoke a boost in serotonin levels, like oats, turkey, chicken, lobster, cashew nuts and mung beans. Finally, avoid those trans-fats.

Morris East offers a reliable lunch menu

From fresh turkey sandwiches and uniquely topped pizzas to top-notch customer service, this restaurant is an example of great dining



▶ The Turkey Sandwich at Morris East is built on fresh sourdough bread.

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA

We enter Morris East to a warm welcome.

The service here is always top-notch. I start with a Strawberry Breeze Float (\$5), a refreshing mix

of strawberry, cranberry and grapefruit, while my friend has a sharp Virgin Bloody Mary (\$5.50).

Her Turkey Sandwich (\$12) on excellent, fresh sourdough is delicious. It's an original combo of turkey, honey crisp apple, Swiss cheese and tzatziki (the Greek cucumber, garlic and yogurt spread).

She chooses local organic greens, with sherry Dijon vinaigrette, as

accompaniment.

Morris East pizzas are always a treat so I have a Half-Pizza with Daily Soup (\$12). Today's soup is a creamy smooth fennel and parsnip combo, while my pizza features red wine-poached pear, roasted beet, shallot, blue cheese, prosciutto and tarragon aioli. Oh, my.

I'm too full for dessert but I taste my friend's Salted Caramel Tart (\$7) a rich

and salty/sweet delight. It's a fine finish to one lovely lunch.

▶ **Morris East**
5212 Morris St.
444-7663
morriseast.com

Quick solo lunch: Yes
Client negotiations: Yes
Lunch with co-workers: Yes
Price range: \$\$\$
Rating: 4.5 out of 5

Spicy Tofu and Bok Choy



EMILY RICHARDS
FOOD@METRONEWS.CA

Remove to paper towel lined plate; set aside. Wipe out skillet.

This Spicy Tofu and Bok Choy dish is tasty on its own or served over a bed of rice or noodles.

You can chop the tofu after it's been fried and chop the bok choy after steaming for a more traditional stir fry if desired.

Preparation:

1 Slice tofu lengthwise into 4 slices and pat with paper towel. In shallow dish, combine flour and sesame seeds. Brush tofu with sesame oil lightly, reserving remaining and coat tofu in flour mixture on both sides.

2 In a non-stick skillet, heat vegetable oil over medium high heat and fry tofu for about 8 minutes, turning once.

3 Return skillet to medium heat and add reserved sesame oil. Add bok choy, ginger, garlic and chili paste and cook, stirring gently for 2 minutes. Cover and steam for about 3 minutes or until tender crisp. Uncover and remove bok choy to plate with tofu. Add water, soy sauce and rice vinegar to skillet and bring to boil. Whisk in peanut butter until smooth. Return bok choy and tofu to sauce and stir to coat in sauce. Serve sprinkled with peanuts if using.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- Half pkg (350 g) extra firm tofu
- 2 tbsp (25 mL) all purpose flour
- 2 tsp (10 mL) sesame seeds
- 1 tbsp (15 mL) sesame oil
- 2 tbsp (25 mL) vegetable oil
- 3 baby bok choy
- 1 tbsp (15 mL) chopped fresh ginger
- 2 cloves garlic, minced
- 1/2 tsp (2 mL) Asian garlic chili paste
- 1/2 cup (125 mL) water
- 2 tbsp (25 mL) low sodium soy sauce
- 2 tbsp (25 mL) rice vinegar
- 3 tbsp (45 mL) smooth peanut butter
- 3 tbsp (45 mL) chopped peanuts (optional)

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Tuna Pad Thai on a tight budget

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA



Now that some fish canners are adding value-added prod-

ucts to their lines, this economical Thai dish is simple to get on the table. Just check the processed fish aisle at the

supermarket to find Spicy Thai Chili Tuna.

Ingredients:

- 1 cup (250 mL) vermicelli rice noodles (medium width)
- 2 cans (85 g each) flaked light tuna (spicy Thai chili flavour)
- 1 cup (250 mL) snow peas, julienned
- 1 cup (250 mL) grated carrots
- 1 cup (250 mL) coconut milk
- Garnishes (optional)**
 - Bean sprouts
 - Crushed peanuts
 - Lime wedges
 - Fresh chopped cilantro

Preparation:

- 1 In a large bowl, cover the rice noodles with boiling water and let



► Bean sprouts, crushed peanuts and fresh cilantro give this simple meal a special touch.

soak for 3 minutes.

- 2 Meanwhile, in a large skillet, stir together the tuna, snow peas and carrots over high heat. Add the coconut milk.

- 3 Drain the noodles and toss with the tuna mixture in the pan until hot and well coated.

- 4 Serve in shallow bowls and garnish with bean

sprouts, crushed peanuts, lime wedges or cilantro if desired.

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FACEBOOK: TO FRIEND OR NOT TO FRIEND

Two Sisters

ANDREA & CLAIRE

RELATIONSHIPS
@METRONEWS.CA



I met a cute guy at a dinner party the other night, and I gave him my phone number. We've texted each other a few times since then, and so far so good: I'm seeing him tomorrow night. But he just sent me a request to be friends on Facebook: what should I do? One friend told me she makes it a rule never to "friend" a potential romantic interest until it's turned into a lot more — just in case, while my other friend tells me it's another way to get to know him, and check him out. And isn't it an insult to ignore his friend request?

To friend or not to friend, that is the question.

Claire: Dear boy-have-I-got-a-story-for-you,

Remember the days when we believed that technology would simplify our lives?

I once accepted a friend request from a guy despite the fact he sent the request 20 minutes after we met. He seemed interesting, we shared a mutu-

al friend, and I wanted to check him out online in case he was a well-known bunny boiler, à la Fatal Attraction. He started commenting on my photos and participating in random discussions on my wall, which was fine until I realized he wasn't the guy for me, and told him so in the most respectful way possible.

Next thing I knew he had blocked me on Facebook. I was stunned. I thought I'd ended things on a friendly note, only to be slapped in my Facebook face.

Result: I've now downgraded my opinion of him from good-guy-just-not-for-me, to simply: twit. The truth is that I never should have accepted his friend request in the first place — he was interested enough that he wouldn't have been offended, and I'd have saved myself his online ire. My advice? Do not friend.

Andrea: He won't hate you,

but not "friending" him is like saying, "Sure I'll go on a date with you, but I'm not sure we can be online friends."

If you make him feel any more expendable, he'll probably get a recycling symbol tattooed on his back.

Have you noticed how some people have 541 friends on Facebook? Do you think that's 541 meaningful connections? Hell no.

People add each other for all sorts of reasons, but mainly it's to stalk each other legally. Online social networks are an important tool to manage other people's perception of you.

Some employers check your profile prior to hiring you. The same goes for potential dates. If you're trying to impress him with your extensive knowledge of hors d'oeuvres, maybe that tagged photo of you running from the cops in your underwear will give him a different impression (NB: the new adage is "what happens in Vegas does not go on Facebook").

So if you like him, add him. If he turns out to be a serial killer, you can always "unfriend" him ... if you survive.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.



► Kate and William share a laugh at their St. Andrews graduation.

A ROYAL MEETING

Names:
Kate Middleton, 29,
and Prince William, 28

Hometown:
Anglesey, Wales

Together since:
2002

Their story:

Kate: I actually think I went bright red when I met (William) and sort of scuttled off, feeling very shy about meeting (him). But, um, actually William wasn't there (at St.

Andrews University) for quite a bit of the time initially — he wasn't there for Freshers' Week — so it did take a bit of time for us to get to know each other, but we did become very close friends from quite early (on).

Prince William: Well, from my point of view, when I first met Kate, I knew there was something very special about her. I knew there was possibly something that I wanted to explore there. We ended up being friends for a while and that was a good foundation. Because I do generally believe now that being friends

with one another is a massive advantage. And it just went from there.

Over the years, I knew things were getting better and better, and we went through a few stumbling blocks — as every relationship does — but we really picked ourselves up and carried on ... It is just really easy being with each other; it is really fun. And I'm extremely funny — and she loves that — so it's been good." (Laughing)

AS TOLD TO TOM BRADY, ITV NEWS

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4

SINGLE, DATING, MARRIED, OR DIVORCED? WHATEVER YOUR SITUATION, METRO HAS GOT YOU COVERED

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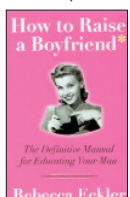
► Author J.M. Kearns acts as your coach as he takes you on the ultimate shopping trip in this book. Kearns explores a variety of questions for those on the trail of the "man-beast." One of the more interesting examples can be found in his chapter Can Facebook get you to Mr. Right?



HOW TO RAISE A BOYFRIEND

The Definitive Manual for Educating Your Man, \$22.95

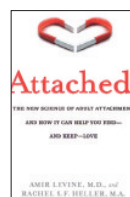
► Written by Canadian journalist and author Rebecca Eckler, this book equates men with children, in that they both need to be "raised." Light-hearted and funny, the book offers various techniques, tips and tricks to creating your own enlightened boyfriend. A bonus is the scorecards included in each chapter.



ATTACHED

The New Science of Adult Attachment and How it Can Help You Find — and Keep — Love, \$31

► This book by Amir Levine, and Rachel S.F. Heller, takes a scientific approach to relationships. The authors reveal how an understanding of adult attachment can help us find and sustain love. It also features a questionnaire designed to measure your "attachment style." On the flip side, there is an intriguing chapter detailing the Attachment Guide to Breaking Up.



HAPPILY EVER AFTER MARRIAGE

A Reinvention in Mid-Life, \$21

► Sarah Hampson takes a different spin on the subject of relationships, delving into the world of the divorced. After 18 years of marriage and three children, Hampson became divorced from her husband. Drawing on some of her own experiences, her book offers wisdom as she explores the idea of embracing change at mid-life.



Tips for kids' money IQ

ON MONEY

ALISON GRIFFITHS
MONEY@METRONWS.CA



Give children money and they will spend for a day, teach them about money and they will be set up for life.

A teacher's lament. Talking in class? Texting in class? Homework excuses? Nope.

Laryssa, a teacher who wrote to me last week is bemoaning how "clueless" her students are about money.

Well, I'm here to help. Easter is coming up and in addition (pun intended) to chocolate bunnies and chicks why not tuck in a game or toy that ups the kid math and money IQ?

One of the very best online sources of all things kid is mastermindtoys.com

Not only does it offer a host of items you won't find at the local big box store

but there are staff recommendations, detailed descriptions, age and stage suggestions and options for eco-friendly play things.

I challenged them to come up with some ideas to engage young minds and improve the skills needed to compute and understand money.

Here's my top five list distilled from the Mastermind Toys recommendations.

1 Calculating Coin Jar (\$17.95 Ages 4 to 6)

What child doesn't love collecting. Add to that a coin sorter and you have a real hit. This one calculates the total as you go which is great for early math.

2 Play Currency (\$18.95 Ages 4 to 7)

Playing store is a favourite activity in the early years and it helps to have money!

3 Decorate Your Own Piggy Bank (Ages 6+) Every child needs a piggy and it's even better when they can make it their own.



This Easter, why not include toys that up their math and money IQ.

4 Pretend and Play Cash Register (\$64.95 Ages 5-9)

Though pricey, I love this toy with lots of bells and whistles including a scale and checkout scanner and it appeals to a broad age group.

5 Aba-Conundrums (\$29.95 Ages 9+)

This hybrid of abacus and puzzle is not only entertaining but it gets pre-teens to tweens

For parents

For parents and teachers alike the new **BMO SmartSteps for Parents** is a wealth of money tips, tools and games, bmo.com/smartstepsforparents.

thinking logically as they solve 120 conundrums.

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONWS.CA



FINANCES AND LOVE

Besides infidelity, the fastest way to end a relationship is to avoid communicating about money. Monetary choices reflect a person's values, like trust or greed, and relationships can only survive if values are aligned. According to Capital One Canada and Credit Canada, eight-in-10 couples fight about money and 48 per cent feel their partner's attitude towards money is different from their own.

Stop your relationship from hitting the rocks and start talking about money!

Set aside 20 minutes per week; turn off your phone, be respectful, stick to the facts and avoid finger pointing. Your money talks should focus on building your net worth and coming up with solutions.

Start by learning your partner's financial philosophy. Then, sharpen your

money savvy together by reading and discussing financial books like *Rich by 40*, and *Millionaire Next Door*.

Create and stick to an agreed-upon budget. This will allow you to spend less time worrying about money, and more time on your relationship. It's a tool to track income and expenses, set boundaries, and support your financial goals. Stick to tried-and-true budget principles — spend less than you make and before you pay bills, save at least 10 per cent for yourself.

Next, draft a joint financial plan which details goals and strategies for saving, spending, income and asset growth, debt reduction, insurance, estate planning and taxes. Start talking about your dreams for children, homes, retirement, etc; then break your dreams into realistic steps.

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Changing consumer habits for next decade?

Those with a penchant for nicknaming decades may be hard-pressed to beat the moniker "turbulent teens" for the coming 10 years.

Unlike the 'naughty naughties' that began in 2001 and were marked by consumption, the teen years of the 21st century will likely be defined by a new type of consumer who is intent on shaking things up by being more cautious. A recent report from American Express Canada reveals that Canadians are moving away from impulsive spending to a more prudent financial mindset in which value for money and quality take precedence over the cachet of brand names.

"Canadians are increasingly looking for meaning in their purchases, so when they buy products they are

asking questions about whether the product is ethically made or environmentally friendly," said retail consultant Anthony Stokan, partner at Anthony Russell and Associates in Toronto.

Top trends in consumer spending show that Canadians seek to empower themselves by becoming better informed consumers. Some tips for bringing a new approach to your spending, include:

Love thy neighbour

Shopping locally isn't only good for local businesses, it helps you develop a relationship with the store. This could lead to loyalty discounts, as well as more insight into the cost of items you buy each week.

True value

Consider both value and values when you shop. Noth-

ing beats buying a quality product at a great price, except when the purchase also makes you feel like you're living according to your beliefs in everything you do, right down to the products you choose to buy and how you buy them.

Dare to compare

The proliferation of smart phones means many consumers have the power to comparison shop right inside the store. Harness the power of the web to bargain with retailers.

Customer service 2.0

Make sure you're getting the most from your financial services companies. Take advantage of email alerts that notify you when bills come due to avoid interest charges and look for customer service to regularly help you assess whether your preferred forms of payment are working for you.

Quality street

The rewards of cheap and cheerful can be short-lived. By assessing quality before making major purchases, you will avoid having to do a "re-buy" in subsequent months or years.

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► Mooseheads look to find offence as QMJHL first round shifts to Metro Centre ► Games 3 and 4 tonight and tomorrow at 7 p.m. ► Game 5, if necessary, also in Halifax on Friday



► Halifax Mooseheads forward Charles Bety attempts to penetrate the Montreal Juniors' defensive trap in Game 1 of the QMJHL first round last Thursday.

Mooseheads caught in a trap



MATTHEW WUEST
@METRONEWS.CA

The Montreal Juniors' defensive trap, which has reached near legendary proportions in junior hockey circles, may be on the verge of sinking the Halifax Mooseheads' season.

The Mooseheads have mustered just one even-strength goal in two play-off games against the stingy Juniors and need to find a way to score if they want to rebound from a 2-0 deficit in the QMJHL best-of-seven first round.

"They've got a real good defensive game and they play the trap," said Mooseheads leading scorer Carl Gelinas, who had 26 goals among 54 points this season.

"It's hard to (enter) their zone with the puck. You've got to chip (the puck around them) ... it's the only way to get into their zone."

Montreal's trap gained national attention last

"You never know what can happen. We're going to have the home crowd in front of us and we're definitely feeling a rivalry now with Montreal."

MOOSEHEADS CAPTAIN TRAVIS RANDELL

week when TSN and RDS ran video of the Rimouski Oceanic — apparently fed up with the Juniors' passive approach — making 16 consecutive passes without entering the of-

fensive zone.

The Mooseheads aren't going to resort to sideshow tactics, but frustration is mounting with Matthew Boudreau the only forward to score a goal through

two games.

Even Gelinas, the team's MVP, has struggled, now scoreless in nine games after being unable to break free in Montreal.

"I don't want to put pressure on me, but I know I have to score," Gelinas said. "Lately I haven't had any goals, so for sure I will try this week to score a couple."

The dump-and-chase approach has long been a popular strategy to countering the trap, and it sounds as though the Mooseheads are focused on that.

"We have to throw a good forecheck on them, finish our checks," Gelinas said. "When we're in their end, we've got to play good 3-on-3 and find a way to put the puck on net, get rebounds and score."



For more Mooseheads coverage, visit metronews.ca/qfiles or follow @metroqfiles on Twitter.

Series at a glance



► Matthew Boudreau

Some notable statistics through two games of the first round between the Mooseheads and Juniors:

- Montreal's average attendance of 1,608 was lowest in the QMJHL through two games.
- Konrad Abeltshauser (two goals), Matthew Boudreau (one goal, one assist) and Martin Frk (two assists) are tied for the Mooseheads scoring lead.
- Juniors captain Nicolas Chouinard has a series-leading five points (two goals, three assists).
- The Juniors have gone 4-for-12 on the power play, while the Mooseheads are 2-for-6.

Juniors not satisfied with play

The Montreal Juniors have some bad news for the Halifax Mooseheads: They still haven't played their best hockey.

Already up 2-0 in the QMJHL best-of-seven first round, with convincing edges in scoring (11-3) and shots on goal (74-49), Juniors head coach Pascal Vincent is far from satisfied.

"We've been playing OK, but we can play much better than that," said Vincent, a long-time Cape Breton Screaming Eagles head coach.

"We've had good moments and overall we've played good enough to win, but we can do much better than that."

Vincent said his team already showed improvement from Game 1 to Game 2, playing more disciplined and scoring four power-play goals to take advantage of the Mooseheads' steady parade to the penalty box.

Now, he wants to build on that.

"We want to play a fuller 60 minutes of good execution, playing smart hockey, especially on the road," Vincent said. "As the series goes on, you want to get better every single game."

● MATTHEW WUEST

4
sports

More playoffs



Halifax Mooseheads rookie Luca Ciampini has been cleared to play after missing more than six weeks with a knee injury. The 16-year-old left-winger will be a "game-time decision" tonight, according to general manager Cam Russell. Ciampini, who the Mooseheads drafted second overall last June, has suffered through an injury-plagued campaign but has eight goals and 11 assists for 19 points in 37 games. Gabriel Desjardins (flu) will also return.



Scan code for more sports

How Butler did it: Pair of veterans prove vital to success

Matt Howard followed his heart. Shelvin Mack took the best offer he had.

So many people thought these two guys could have done better than playing basketball at Butler.

Better than three league championships, three straight NCAA tournament appearances and the first Indiana team to make consecutive Final Fours?

"Has Matt Howard maximized his four years here?" coach Brad Stevens said. "I don't think there's anyone that can doubt that."

Howard and his sidekick have done things most never thought possible at this small Indianapolis school.

A year ago, it was the three-headed monster of Howard, Mack and Gordon Hayward that nearly gave Butler its first national title. When Hayward left early for the NBA, most thought Butler's heartwarming, underdog story would just fade away.

Instead, the Matt and Mack Show has emerged as the hottest late-game act in the NCAA tournament.

Howard, the senior forward, hit the buzzer-beating shot to knock off Old Dominion in Butler's first game, and the free throws to close out the crazy finish against top-seeded Pittsburgh in its second. Mack, the junior shooting guard, has averaged 21.3 points, hit every big shot Howard hasn't and raised his stock among NBA scouts.

Not a bad apprenticeship for a kid who turned down a late scholarship offer from Kentucky.

By the time the Wildcats finally woke up to the guy making waves in their own backyard, it was too late.

"I didn't think it was the best offer for me," said Mack, who admits he'd like a shot to play his hometown team for the national title next week.

Or for the one who heard the minions deriding his choice from the outset.

"When I first committed here, there were a lot of people who were not exactly happy that I didn't go to Indiana or Purdue," Howard said. "But it's not always about the name."

THE ASSOCIATED PRESS

Moving. Forward



► Roger Federer returns the ball to Juan Monaco at the Sony Ericsson Open tennis tournament in Key Biscayne, Fla., yesterday.

THE ASSOCIATED PRESS

Federer on track for another tournament title in Florida

Two-time Sony Ericsson Open champion Roger Federer and top-ranked Rafael Nadal advanced to the tournament's fourth round yesterday. Federer, who slipped to third in the rankings last week, beat No. 32 Juan Monaco 7-6 (4), 6-4. Nadal, seeking his first Key Biscayne title, never faced a break point and defeated fellow Spaniard Feliciano Lopez 6-3, 6-3. On the women's side, No. 1-ranked Caroline Wozniacki lost in the fourth round to No. 23 Andrea Petkovic of Germany, 7-5, 3-6, 6-3.

Ex-lover testifies at Bonds trial

► Spends most of day trying to deflect defence's unflattering portrayal of her ► Says Bonds 'became increasingly aggressive, irritable, agitated and very impatient' during relationship

Barry Bonds' former mistress testified he blamed a 1999 elbow injury on steroid use and the body and behaviour of baseball's home-run king changed during their nine-year relationship.

Called by prosecutors to the witness stand yesterday, Kimberly Bell choked up as she recalled Bonds once threatening "to cut my head off and leave me in a ditch," an outburst prosecutors attribute to steroid use. The

defence portrayed Bell as an unreliable witness, hungry to capitalize on her affair with Bonds, and Bell acknowledged the relationship benefited her financially.

Bonds is accused of four counts of making false statements and one of obstruction for telling a federal grand jury in 2003 — months after his relationship with Bell ended — he never knowingly used performance-enhancing drugs.

Under questioning from Assistant U.S. Attorney Jeff Nedrow, Bell said she asked Bonds about the problem with his left elbow, which she described as "a big lump ... it looked awful." She testified Bonds responded by saying his steroid use caused the injury, because the muscle and tendons grew too fast for the joint to handle.

"It blew out," she said. Bell said she and Bonds met briefly July 3, 1994,

and attended a barbecue the next day. They shared a romantic relationship that continued even after Bonds married another woman in 1999.

Bell said Bonds' sexual performance declined in the second half of their relationship when Bonds bulked up and started posting unprecedented power numbers for the Giants. She said his testicles changed shape and shrank.

Bell testified Bonds ver-

bally abused her starting in 1999, saying he said "he would cut out my breast implants because he paid for them."

Bell acknowledged she was upset and embarrassed when Bonds told her in 1998 he was marrying another woman. She said Bonds told her there were "girlfriend cities and wife cities" and she wasn't allowed to travel with him to New York, Montreal and Atlanta after he married. THE ASSOCIATED PRESS

Bertuzzi ejected in loss to Blackhawks

Detroit's Todd Bertuzzi was called for a five-minute elbowing penalty and a game misconduct in the Red Wings' 3-2 loss against the Chicago Blackhawks last night.

He hit Ryan Johnson in the head 5:17 into the game. Johnson went down

to his knees and gloves for a while before slowly getting up. He went off the ice and toward the dressing room, but played later in the first.

It was the type of play that might've gone unpunished before the NHL started cracking down on such high hits. THE ASSOCIATED PRESS

Kings lose Kopitar

Los Angeles forward Anze Kopitar will have surgery on his broken ankle tomorrow.

An MRI exam yesterday confirmed the Kings' top scorer will need corrective surgery and be out indefinitely. He was injured in a victory over Colorado last Saturday. THE ASSOCIATED PRESS

MLS practice game tough on Ochocinco

Chad Ochocinco's tryout for a professional soccer team could be nearing an end.

The Cincinnati Bengals wide receiver played 30 minutes in a practice game with Sporting Kansas City of the MLS yesterday. Afterward, he agreed that his conditioning and skills

were lacking.

Kansas City coach Peter Vermes said he will meet with Ochocinco today to discuss the five-day tryout.

With the NFL in a lock-out, Ochocinco said he would not mind just being a practice player to stay in shape. THE ASSOCIATED PRESS

AUTOMOTIVE

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2010 Ford Focus SE
4cyl. Auto, Fully Loaded, Only 64k kms
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2010 Toyota Corolla S
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Cars & Trucks for Sale

Cars & Trucks for Sale

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2007 Ford F-150 Crew 4x4
8cyl. Auto, Loaded, Cloth, 4x4, only 59k kms
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Motormart - 407-4200

2007 Mitsubishi Outlander 4x4
6cyl. Auto, Fully Loaded, Cloth, Only 55k kms
\$19,985 or \$179b/w
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2007 Pontiac Vibe
4cyl. 5 speed, A/C Cloth Only 70k kms
\$10,985 or \$99b/w
Motormart - 407-4200

Cars & Trucks for Sale

Cars & Trucks for Sale

2007 VW Beetle Conv'r
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Motormart - 407-4200

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REAL ESTATE

Houses for Sale

3 year old Halifax home was custom designed with many upgrades such as hardwood floors, custom cabinetry with Corian countertops, center island, open concept kitchen. Formal dining room as well, but could be cozy den/office. Finished basement with walkout; rec room, office area, play room, storage and bath. The 2nd floor has 3 bedrooms, the master has an ensuite with jacuzzi tub and walk in closet. Lot is fully landscaped and has cemented driveway. Close to schools and shopping. Contact Tamara at (902) 497-7858; or email: tamara@whitstonedevlopments.ca

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Merchandise for Sale

Dining room table- Butterfly Leaf style with 4 matching chairs. 2 1/2 years old. Great condition! Please call Pat at 902-443-3358

ROLEX FOR SALE:

Ladies two tone gold and titanium Rolex. Waterproof. Only 3 years old. Purchased for \$5500 selling for **\$3500**. Call 440 8497

PETS

Dogs

Cavalier King Charles Spaniel Pups - 1 Tri-male- 6 months, 2 Blenheim - 1 male/ 1 female - 4 months, and 2 female Rubys, born Nov.15/10. Call for more info 902-765-0885

Other

Looking for Male Hedgehog
My lady Hedgehog Ruby is looking for a boyfriend if you have a male Hedgehog who would like to spend time with her please Email: rubywantsbables@gmail.com

PERSONALS

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Community Events

Multicultural Health and Wellness Fair
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6955 Bayers Rd., Halifax, NS
Sponsored by:
• Over 40 booths and 10 workshops
• Health information and interpretation in many languages
• Childcare provided
• Contact Information: Pat Belgrave, 209-4982

Citizenship and Immigration Canada

Citizenship and Immigration Canada

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Looking for lease take-over of my 2008 Yaris Hatchback

- Lease ends: Nov. 18, 2012
- 31,000km (96,000kms/lease)
- Warranty: Toyota Full Extra Care Protection Plan
- Dealer inspected Jan. 8, 2011
- 2 sets of tires (all season & studded)
- Non-smoker, underground parked
- Lease Payment: \$331.20/month
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REDUCED
2009 Chevrolet Cobalt Coupe
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STK# 11T3494A

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\$12,977 or \$75 weekly
\$0 down, taxes & fees included
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\$21,995 or \$119 weekly
\$0 down, taxes & fees included
STK# 11RQ1518A

2008 Mazda3 Sport
\$13,995 or \$69 weekly
\$0 down, taxes & fees included
STK# 10IU3634A

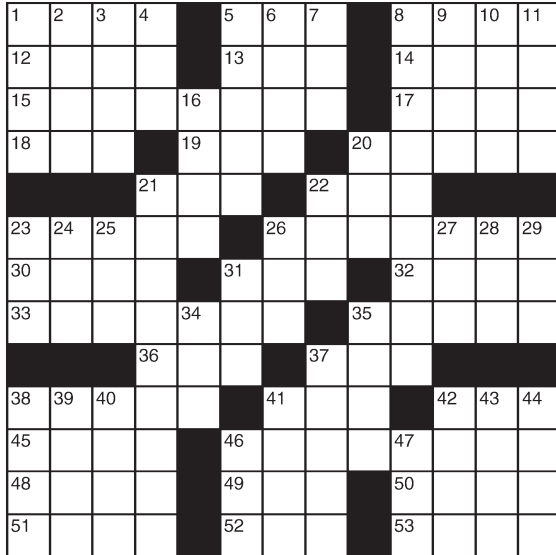
Crossword

Across

1 Mustard containers
5 Lustrous black
8 Spill the beans
12 "American —"
13 Ordinal ending
14 Corporate symbol
15 Eye shade
17 Secondhand
18 Before
19 Clay, today
20 Poor
21 Street address?
22 Unruly bunch
23 Posts
26 Boris of old horror movies
30 Additionally
31 Repair
32 Verbal
33 Account addition
35 Hackneyed
36 Pooch
37 Massachusetts cape
38 Talkative
41 Stickum
42 Vast expanse
45 Old Italian money
46 Wad
48 Valhalla VIP
49 Moreover
50 Capri, e.g.
51 Seven days
52 Past
53 Measure of meds

Down

1 Agree

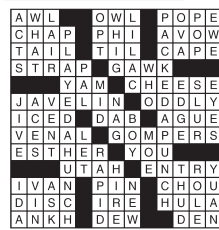


2 Hebrew month
3 Judicial garb
4 Crafty
5 Wobbly dessert
6 Needle case
7 Definite article
8 Aristocrat
9 Come in last
10 On in years
11 Corpse
16 Taverns
20 Neither partner
21 Red Cross repository
22 CONTROL Agent
86
23 Frenzied

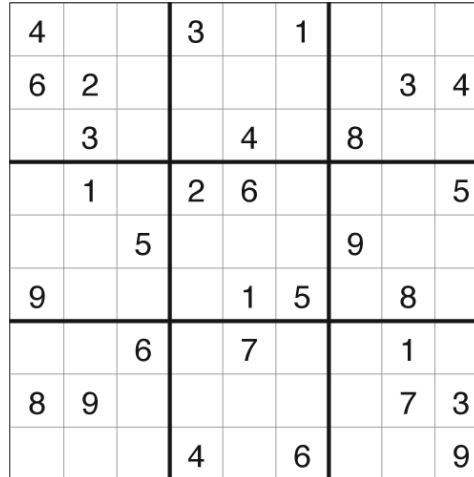
24 Hearty brew
25 NetZero, for ex.
26 DIY buy
27 Bobby of hockey
28 Enthusiast
29 Soar
31 Newton fruit
34 Sauce source
35 Prepare food
37 Time-share unit
38 Glisten
39 Staffer
40 Soft cheese
41 Group of hoodlums
42 Mediocre
43 Right angles

44 Sheltered
46 Sheep's call
47 Disencumber

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

► Yesterday's answer



Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Hey Cupcake Monster, I am so lucky to have you in my life. You take care of me and you always know how to make me laugh and smile. We have awesome chemistry at Tic-Tac-Toe Poker and I love winning with you :P But more importantly, I love you with all my heart xoxo, **YOUR PANDA BEAR**

To my Goldfish, Hope you have a wonderful day at work. This is my first time doing this type of thing for someone special who I really love. Still this day you give me butterflies and loving you every day. Love you **SPONGE**

King, I think you are a hero on an international scale. And smart and talented and evolved and even cute. Not to mention already broken in. Please please be my boyfriend. You'll have to ask me because I don't know how to flirt.

Today



4°/-3°
Partly sunny

Wednesday



6°/-2°
Partly cloudy

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Today's horoscope

♈ **Aries** March 21-April 20 Try not to be too much of a perfectionist. Sometimes, the standards you set are almost impossible to reach. The Sun in your sign, along with Jupiter, makes you intensely ambitious but success isn't everything.

♉ **Taurus** April 21-May 21 Keep what you know to yourself today, especially if it could be dangerous to people in positions of power. There is a time to rock the boat. You'll know when it arrives.

♊ **Gemini** May 22-June 21 Loved ones know what you are capable of but even authority figures are beginning to realize there is something special about you. You'll make a lot of friends in the next 24 hours.

♋ **Cancer** June 22-July 22 Cosmic activity in the career area of your chart makes you tremendously ambitious but ambition alone is not enough. Make sure that you devote your time and energy to something that is worthy of your remarkable talents.

♌ **Leo** July 23-Aug. 23 You must be careful that you do not lead yourself about what is and is not possible. Temper your enthusiasm with a large dose of unnatural caution.

♍ **Virgo** Aug. 24-Sept. 22 At this time of year, you can't afford to be too independent. Remember, you don't have to like people in order to work with them. It's more important to trust them.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ **Libra** Sept. 23-Oct. 23 You seem to be under pressure at the moment. It will build as the week goes on. You can make life easier by not taking anything too seriously. Focus on having some fun.

♏ **Scorpio** Oct. 24-Nov. 22 You may have certain obligations but that does not make you a slave to other people's desires. Make sure everyone knows that you retain the ultimate right to say "yes" or "no".

♐ **Sagittarius** Nov. 23-Dec. 21 Cosmic activity in your fellow Fire sign of Aries means you not only have enough energy to get things done for yourself but for other people as well. Make sure you help those who deserve it.

♑ **Capricorn** Dec. 22-Jan. 20 Stand back from everyday worries and see your life from a wider perspective. Sometimes, it can be easy to believe that the odds are stacked against you. It simply isn't true.

♒ **Aquarius** Jan. 21-Feb. 18 You are not in the mood for serious things. So, do what you must as quickly as you can then move on to something that inspires you. Set a limit for the time you spend on chores.

♓ **Pisces** Feb. 19-March 20 Your main task today is to balance your need for emotional and material security with the need to have a good time. The more you get out and about, the more fun you'll have.

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Caption contest



WIN! You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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Deals of the week

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CUBA | Cayo Coco/Cayo Guillermo
Emperador Laguna Villas & Resort 
All-Inclusive • Club Laguna rm. • Apr. 23 • 1 wk.

\$839
Add taxes & other fees: \$190

CUBA | Holguin
Playa Costa Verde 
All-Inclusive • Standard rm. • Apr. 23 • 1 wk.


\$879
Add taxes & other fees: \$190

DOMINICAN REPUBLIC | Punta Cana via Toronto
Occidental Grand Punta Cana 
All-Inclusive • Junior suite • May 13, 15 & 27 • 1 wk.

\$949
Add taxes & other fees: \$202

DOMINICAN REPUBLIC | Samana via Toronto
Gran Bahia Principe Cayacoa  **PRIVILEGES**
All-Inclusive • Standard rm. • Apr. 9, 10 & 17 • 1 wk.

\$979
Add taxes & other fees: \$226

ANTIGUA via Toronto
Grand Pineapple Beach Resort 
All-Inclusive • Standard rm. • May 8 - 29 • 1 wk.

\$1339
Add taxes & other fees: \$222
Add \$200 for Sat. departures

JAMAICA
Gran Bahia Principe Jamaica  **PRIVILEGES**
All-Inclusive • Junior suite • Apr. 11 & 18 • 1 wk.

\$1349
Add taxes & other fees: \$127

JAMAICA
Iberostar Rose Hall Beach 
All-Inclusive • Standard garden view rm. • Apr. 25 • 1 wk.

\$1379
Add taxes & other fees: \$127

MEXICO | Cancun/Riviera Maya via Toronto
Occidental Grand Xcaret 
All-Inclusive • Deluxe rm. • June 3, 4, 5 & 6 • 1 wk.


\$859
Add taxes & other fees: \$275

MEXICO | Cancun/Riviera Maya via Toronto
Gran Bahia Principe Tulum  **PRIVILEGES**
All-Inclusive • Standard rm. • June 3, 4, 5 & 6 • 1 wk.

\$899
Add taxes & other fees: \$275

MEXICO | Puerto Vallarta via Toronto
Barceló Puerto Vallarta 
All-Inclusive • Junior suite deluxe • Apr. 7 & 10 • 1 wk.

\$1179
Add taxes & other fees: \$152

BAHAMAS | Nassau via Toronto
Sheraton Nassau Beach Resort 
Resort view rm. • May 16, 23, 30 • 4 nts.

\$949
Add taxes & other fees: \$145

BAHAMAS | Nassau via Toronto
Breezes Bahamas 
Super-Inclusive® • Deluxe garden view rm. • May 16 & 30 • 4 nts.

\$1049
Add taxes & other fees: \$145

BERMUDA
Grotto Bay Beach Resort 
Superior oceanview rm. • May 7 - 28 • 1 wk.

\$1599
Add taxes & other fees: \$124


SAINT LUCIA via Toronto **PRIVILEGES**
Coconut Bay Beach Resort & Spa 
All-Inclusive • Splash deluxe oceanview rm. • May 14, 15, 21, 28 & 29 • 1 wk.
\$250 US RESORT CREDIT PER ROOM*

\$1619
Add taxes & other fees: \$122

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Boston Peabody Springhill Suites By Marriott 
Double or twin guest rm. • June 1 - 30


\$549
Add taxes & other fees: \$120

ILLINOIS | Chicago via Montreal
Windgate By Wyndham 
Double or twin guest rm. • June 1 - 30

\$829
Add taxes & other fees: \$140

LAS VEGAS | AIR & HOTEL • 3 NIGHTS

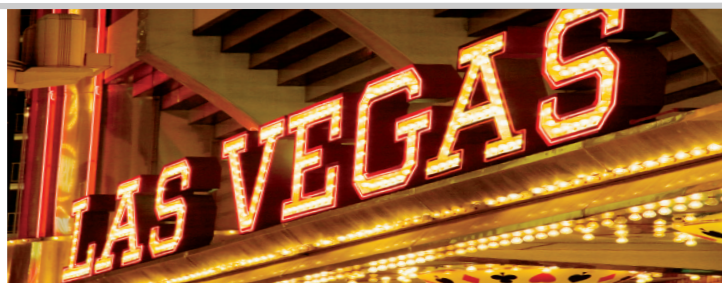
NEVADA | Las Vegas

Circus Circus Hotel & Casino 
Hotel • tower rm. • May 29
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\$689
Add taxes & other fees: \$138

Imperial Palace Hotel & Casino 
Deluxe rm. • May 29


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Add taxes & other fees: \$138



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SPAIN | Madrid via Toronto
Amaral Sunotel 
Double rm. • June 9, 15 & 16

\$959
Add taxes & other fees: \$416

ITALY | Rome via Montreal
Mercure Roma Corso Trieste 
Standard rm. • June 7 & 8

\$1089
Add taxes & other fees: \$413



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ATLANTIC CANADA'S

All Wheel Drive Headquarters

2006 Outback Ltd  AC,PW,PL,CC,AW, LEATHER INTERIOR, 86,000KM \$18,995	2006 Outback H6  AC,PW,PL,AW,CD,ALLOYS, ROOF RACK, 74,000KM \$17,995	2009 Legacy PZEV  AC,PW,PL,TW,CC,AW,CD, ALLOYS, 53,000 KMS \$17,995	2006 Forester 2.5X  AC,PW,PL,TW,CC,AW,CD, ALARM, 84,000 KMS \$13,995
2007 Forester 2.5X  AC,PW,PL,TW,CC,CD, 93,000 KMS \$14,995	2007 Impreza 2.5i  AC,PW,PL,TW,CC,AW,CD, HTD SEATS, 91,536 KMS \$16,495	2007 Impreza 2.5i  AC,PW,PL,TW,CC,AW,ALLOYS, CD,66,000KMS \$12,995	2007 Impreza SE  AC,PW,PL,TW,CC,AW,CD, 98,552 KMS \$12,995
2008 Impreza WRX  AC,PW,PL,TW,CC,CD, ALLOYS, SPOILER, 96,000 KMS \$19,995	2008 Impreza 2.5i  AC,PW,PL,TW,CC,CD, CD/MP3, 36,000 KMS \$16,400	2009 Impreza 2.5i  AC,PW,PL,TW,CC,CD/MP3, 61,000 KMS \$17,995	2010 Impreza Sport  AC,PW,PL,TW,CC,CD, ALLOYS SPOILER, 30,600 KMS \$20,995
2007 Escape LTD  AC,PW,PL,TW,AW, CC,CDS, ALLOYS,SUNROOF,68,000 KMS \$17,995	2007 Freestlye AWD  AC,PW,PL,TW,CC,CD, ALLOY WHEELS, 90,000 KMS \$13,995	2008 Impreza Sport  AC,PW,PL,TW,CC,CD, LOADED,36,000 KMS \$17,995	2007 Impreza SE  4A,AC,PW,PL,TW,CC,CD PW SUNROOF, 55,512 KMS \$15,495

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2010 Impreza Sport  AC,PW,PL,LOADED, FOG LIGHTS, HTD SEATS, 10,500 KMS \$22,970		2011 Impreza Sport  AC,PW,PL,LOADED, SUNROOF, ALLOYS, 3,313 KMS \$21,320

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